

Let's prevent oral cancer



why should you pay attention to oral cancer?

➤ Oral cancer is:

- The most common cancer among men.
- Among the 10 most common cancers in women

➤ According to data average daily detection of oral cancer:

- About 06-07 new patients are reported.
- About 03 patients die



why you should pay attention to oral cancer;

- Has a clearly detectable oral pre-cancer stage before the malignant transformation occur.
- Early detection and timely interventions can prevent malignant transformation of oral pre-cancers into oral cancers
- Self-mouth examination can help you identify such abnormalities in your mouth



**Let's identify
early to
prevent
complications**




What are the risk factors for oral cancer

Key factors

- betel chewing
- Chewing tobacco / arecanut containing products (arecanut packets)
- Smoking
- Drinking alcohol

Other factors

- Infections (viruses and fungi)
- Malnutrition
- Poor oral hygiene with chronic irritation



If you have one or more of these habits,
you are at risk.



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Course of oral cancer development (in most cases)





Symptoms of oral-pre cancer /oral potentially malignant disorders

- Painless Red, white or red-white patches that can not be wiped off.
- Burning sensation of the mouth, when eating spicy foods
- Abnormal pale nature of lips and oral mucosa
- A gradual decrease in mouth opening





Types of pre-cancers/oral potentially malignant lesions



White patch



Red patch



Red-white mixed patch



Pallor of mucosa





Oral mucosal fibrosis caused by arecanut

- **Caused by arecanut related products**
- In the early stages - Inability to eat spicy foods due to burning sensation
- Paler of oral mucosa.
- Gradual thickening of oral mucosa which is irreversible





Oral mucosal fibrosis caused by arecanut

- In the advanced stages:
 - Decreased opening of the mouth
 - Pronunciation difficulties
 - Swallowing difficulties
- According to the latest data from Sri Lanka, it is the most commonly reported pre-cancerous lesion.
- There is an increased risk of developing oral cancer





Symptoms of oral cancer

- Sudden growth of the precancerous lesion
- Unhealing ulcer in the mouth.
- Abnormal growth in the mouth within a short period of time
- Difficulty in swallowing, or moving the tongue within a short period of time
- Persistent obstructive feeling in the throat
- Abnormal mobility of a tooth





Symptoms of oral cancer

- Swelling of the throat that does not occur for any other reason in a short period of time
- Unhealed tooth extraction site
- Pain or numbness of the mouth and tongue
- Changes in voice over a short period of time
- Chronic swelling of the lymph nodes in neck

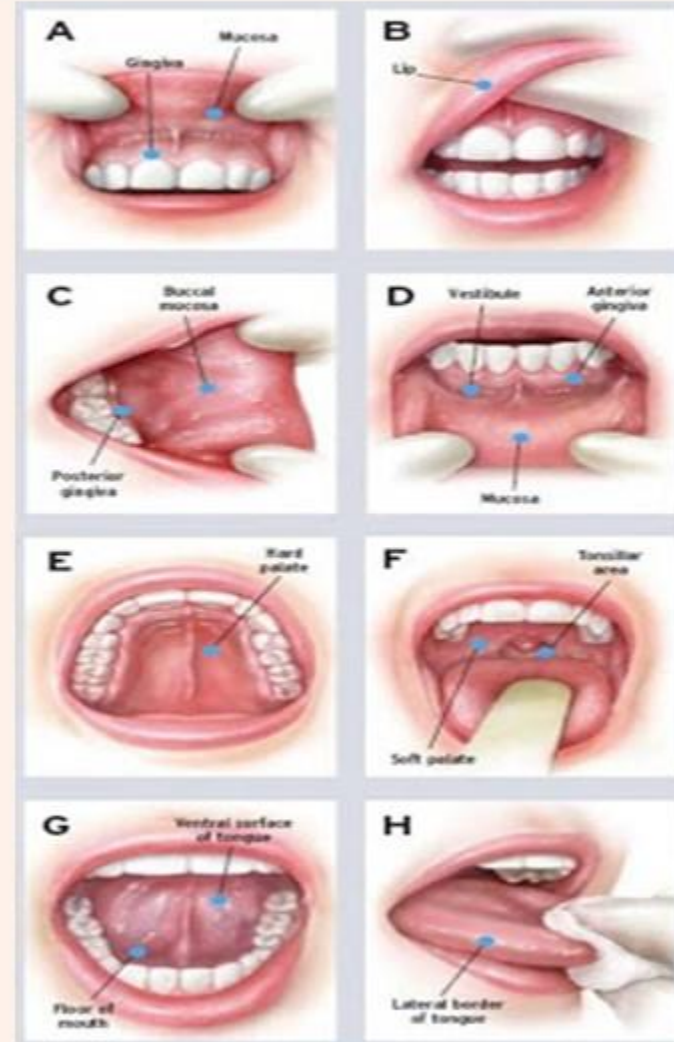




Self-examination of the mouth

Areas to check:

- Upper and lower lip
- Inside the cheek - left and right
- palate and throat
- Tongue - all areas - surface, sides, bottom
- Gum - all sides
- The floor of the mouth



A brief screen for Oral Cancer includes this 8 step examination of the inside of the mouth



How to do a self mouth examination

- Wash your hands thoroughly
- If dentures are worn, remove the dentures or any appliances worn.
- Rinse and clean your mouth thoroughly
- Go in front of the mirror
- Let the light fall well into the mouth
- Open the mouth and examine every spot

Please Check

5 Locations In 8 steps





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1. Self mouth examination - Lip and proximal gums

Turn over the upper and lower lips using your fingers and examine the inside and near gums of the lips





Common abnormalities on the lips and gums

- Ulcers in the lips



- Pale appearance of the lips and gums





2. Self mouth -examination - On both sides of the inner cheek - near the gums

Open the mouth wide and examine the inside of the cheek, the side walls of the mouth, and the proximal gums





Common abnormalities on the inside of the cheek

White patches
on the inside of the cheek



Mixed white and red patches
on the inside of the cheek





3. Self-mouth examination: Tongue - all sides

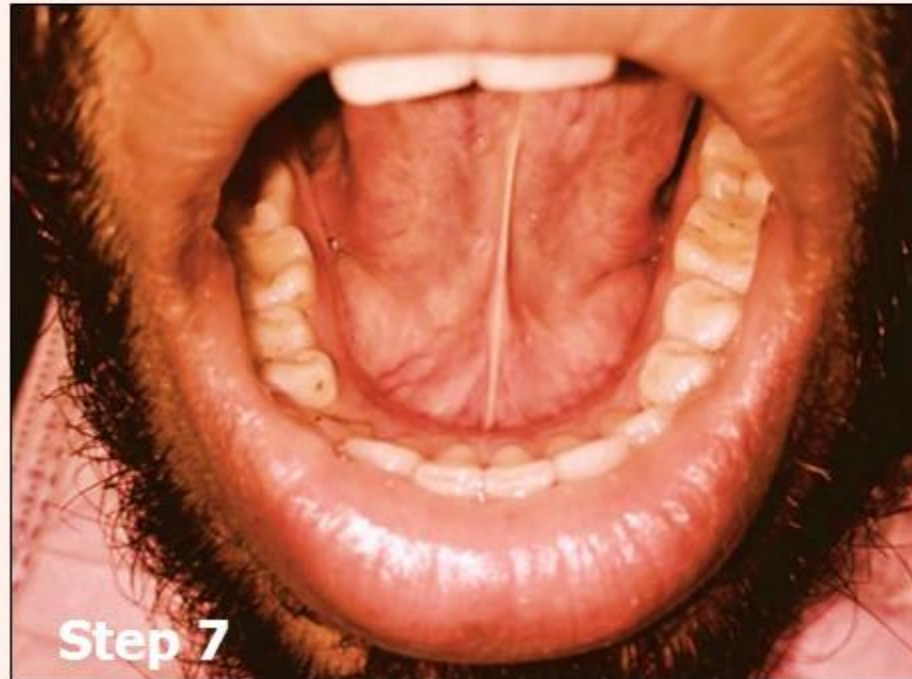
Pull the tongue out and examine each side (surface, sides, bottom) from the front edge to the inside





4. Self- mouth examination: bottom of mouth and proximal gums

Turn the tongue up and examine the underside of the tongue and the bottom of the mouth and the proximal gums





Common abnormalities of the bottom of the tongue and mouth

Growth at the base of the mouth



White patches on the tongue





5. Self- mouth examination: upper lip, proximal gum and throat area

Open your mouth wide and examine the upper lip, proximal gums, and throat





Common abnormalities of the palate and proximal gums

White patches on the cheeks and gums



Red patches on the palate





Let us be aware – Increase awareness of others

- Learn about the harmful effects of tobacco and arecanut products
- Educate risk groups
- Educate the younger generation to stay away from risk behaviours
- Do not fall prey to indirect advertising methods
- Do not fall prey to false testimonials



Maintain good oral health habits - prevent oral cancer;

- Avoid betel chewing
- Avoid chewing tobacco / arecanut products (arecanut packets)
- Let's avoid smoking
- Avoid drinking alcohol





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Maintain good oral health habits - prevent oral cancer

- Have a routine self mouth -examination once a month
- Seek dental advice immediately if you notice or suspect a change in the mouth
- **Get a clinical oral examination done at least once a year**
- If any of the above changes occur in the mouth, adhere strictly to treatment and follow-up clinics.
- Maintain good oral health





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Do you know?

- The manufacture, import and sale of smokeless tobacco products is prohibited
- The supply and sale of betel nut, tobacco and arecanut related products is prohibited in all health facilities
- The supply and sale of betel nut, tobacco and arecanut related products is prohibited in all government institutions
- Betel chewing and spitting on the trains and public transport is prohibited
- That spitting on public roads is prohibited



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Do you know?

If a person who consumes 5 cigarrates and betel quid per day, quit his habit, he is able to save
Rs.500/= per day.
Rs.180,000/= annually





Places where clinical oral examinations are performed and treatments

- Dental Clinics
- Wellness Centers
- In addition to these clinics, advice can be obtained from the district level local dentist and non-communicable disease doctor.

Treatments at these clinics:

- Diagnose oral cancer and pre-oral cancer
- Increase awareness on risk habits, advice on how to reduce habits
- Referral to clinics for further treatment



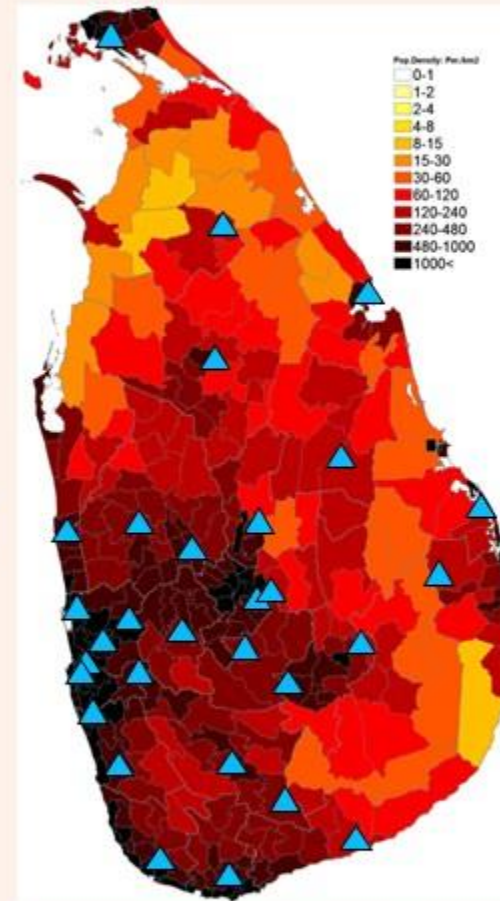
Oral Cancer Treatment and Treatment Centres

The main treatments for oral cancer are:

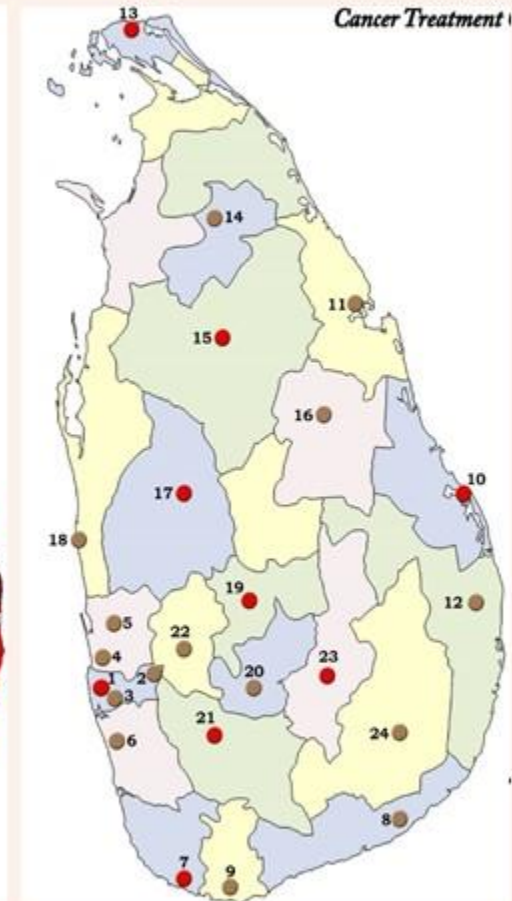
- Surgery
- Anti-cancer drug treatment
- Radiation therapy

• Oral Cancer Treatment Centres in Sri Lanka:

- 32 Oral and maxillofacial surgery units
- 22 cancer treatment centres



Oral and maxillofacial surgery units



cancer treatment centres

Lets Maintain good oral hygiene practices

Lets prevent oral cancer



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